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CHURCH DIRECTORY.

HARDINSBURG CIRCUIT.
Methodist Episcopal Church (South).—Rev. W. W. Lambert, Pastor. Hardinsburg preaching 4th Sabbath in each month, at 11 o'clock a. m., and at 7 o'clock p. m. Class meeting every Sunday morning at 9 o'clock. Sabbath School at 2 o'clock p. m.; Dr. J. M. Taylor, Superintendent. Prayer meeting every Wednesday night.
Oakland.—Preaching every 4th Sabbath at 3 o'clock p. m. Prayer meeting every Thursday night.
Mt. Zion.—Preaching every 1st Sabbath at 11 o'clock a. m. Sabbath School every Sunday morning at 10 o'clock a. m.; Dr. R. O. Pulliam, Superintendent.
Cave Spring.—Preaching every 1st Sabbath afternoon at 3 o'clock.
W. Webster.—Preaching every 2d Sabbath at 11 o'clock a. m., and at night.
Union Star.—Preaching every 2d Sabbath at 11 o'clock a. m., and at 7 o'clock p. m. Sabbath School every Sunday morning at 9 o'clock; Richard Cox, Superintendent. Class meetings every 1st and 3d Sabbaths. Prayer meeting every Thursday night.

CLOVERPORT.

Baptist Church, Rev. A. J. Miller, Pastor.—Preaching every 2d and 4th Sabbaths at 11 o'clock a. m., and 7 o'clock p. m. Prayer meeting every Wednesday night. Sunday School every Sunday morning at 9 o'clock; R. R. Pierce, Superintendent.
Methodist Church (South).—Rev. J. L. Edgington, Pastor.—Preaching the 1st and 3d Sabbaths at 11 o'clock a. m., and 7 o'clock p. m. Preaching every 2d and 4th Sabbaths at 7 o'clock p. m. Prayer meeting every Thursday night. Sabbath School every Sabbath evening at 3 o'clock. Preaching at Holt's Bottom the 2d Sabbath at 11 o'clock a. m., and at Liberty the 4th Sabbath at 11 o'clock a. m.
Presbyterian Church, Rev. J. B. McDonald, Pastor.—Preaching every 3d and 4th Sabbaths at 11 o'clock a. m., and at 7 o'clock p. m. Prayer meeting every Sunday morning at 10 o'clock. Sunday School every Sunday morning at 9 o'clock; Jno. A. Murray, Superintendent.
Catholic Church, Rt. Rev. T. J. Jenkins, Pastor.—Services the 1st Sabbath in every month.

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VOL. III.

CLOVERPORT, KENTUCKY, WEDNESDAY, FEBRUARY 19, 1879.

NO. 31.

The Song.

MANITOBA BELLS.

THEODORE BROWN.

Beyond Dakota's northern line,
The hunter and the woodman make
Their forest huts of fir and pine
By Manitoba's lonely lake.
Where oft, across the starlit deep,
When swift the wind of midnight swells,
Amassed they start from dreamy sleep,
To hear the solemn sound of bells.
On a bleak island, far from shore,
And heard unseen the seals are rung,
Like merry peals for Sabbath song:
Till fainter, on the falling blast,
Between the water and the land,
The music wanes, and dies at last,
In harp-like murmurs on the sand.
The wild gulls pass with dread
The ill-omened spirit's dark shade,
"No mortal dares thy threshold tread,
O Manitoba, speaking god!"
And strangely strikes that desert voice
On hearts that own no savage fears;
And feeling's finest chords shall wake,
Or listening drop unwilling tears.
On sounding cliffs and shingly beach,
The clang of waves that beat in foam
They hear as some mysterious speech
Of vanished days that call them home.
Voice of the wild, elume on, and make
The saddest sweet of old forewells,
Nor shrills a holy human thought,
To bless you, Manitoba, bells!
Your memory melody repeats
To memory's sigh a weird amen,
And fancy, in those lone retreats,
Brings exiled love its own again.
O never music breathed or wrought
In silence lacks an answering tongue,
Nor thrills a holy human thought,
But nature sings its counter-song.
All mystic tones of earth and air,
And solemn runes of wood and sea,
Are echoes of the soul, that bear
On high faith's oldest melody.

Unchanged, Creation's hymn redeems,
Unchanged, its organ voices flow;
And man but shapes the primal sounds,
That taught his worship long ago.

The Story.

THE MYSTERIOUS SAILOR.

I had been ashore on liberty at Valparaiso. Our ship, the Endymion, of Nantucket, was newly filled with spermatoeum oil, and as the crew had in prospect a good swag at the end of the voyage, there was little fear of desertion. That peril had been encountered earlier in the voyage, and several of the crew had made good their retreat, though vigorously hunted, at the Islands and at Payti.
The moon was up, and I was walking leisurely on the margin of the wooded valleys back of the town, indulging in such reveries and glowing anticipations of the future as the moonbeams and shadows of foliage engender in the imaginations of those who are still too young to realize that "all is vanity."
At length I began to fancy that I was not alone. It seemed to me that I could perceive a dark body—which might be man or animal—moving stealthily among the trees and underwood at some distance below.
I came to a halt, not caring to be taken by surprise, and endeavored to penetrate the gloom, and ascertain whether I was followed or not; for I had heard many stories of robbery and assassination in that neighborhood.
I had scarcely come to a stand when a voice came up from the deep, dark hollow, which sounded like "hullo!"
Owing to the multitudinous echoes which seemed to accompany the hail, it was impossible to determine whether the language was English or Cholar.
I had in my hand a stout cudgel, which I fancied might do me good service. I waited long for the appearance of the speaker, expecting to see him come crawling up from the thick umbrage of the valley; but I saw nothing till I was startled by a brisk slap on the shoulder, and as I turned to see who had so familiarly saluted me, my ears were greeted with a hearty laugh.
"Ha! ha! you are not so well acquainted with these dingy and mountain passes as I am, said the stranger. 'I have come upon you unawares. If I had been a robber I would have had you foul!'"
"And precious little you would have got for your pains," replied I, feeling reassured by the gentlemanly appearance of my interlocutor and by his mode of address.
"You belong to the Endymion," quoth he.
"That you may be sure of. My shabby appearance—"
"Testifies that you are near the end of a long voyage. What usage do you have on board that ship?"
"I will only say," answered I, "that we are short-handed, the best part of the crew having deserted. We shipped a few beach-combers at Oahu, but they left long ago."
"All that implies that your men are dissatisfied with their treatment."
"I can not deny the justness of your inference."
The young gentleman became thoughtful. I wondered at the interest which he took in the subject of our discourse. As we walked along toward the lights in the shops of Valparaiso, he became lost in his reflections. At last he seemed to remember that he was not alone, and turning briskly toward me, he said:
"I take some interest in that ship of yours. When do you sail?"
"I confessed my ignorance, but told the young man that it was not probable we would stay long, as port expenses were heavy, and the owners of whaleships were stingy fellows."
He turned again toward me, surveyed me closely, and I thought there was a queer smile on his visage.
"You think so, do you?" said he at last. "I have always heard so."
"Well, I've not time to investigate the

matter, as I turn off here, by the calaboose. Good night!"
We parted.
A few days after this event the captain of our ship brought on board a couple of men whom he had shipped for the remainder of the voyage. One of them wore a neat blue jacket and pants, the other looked as if he had slept with his clothes on, among the shavings and sawdust of a carpenter's shop or he might have been hidden in an oven like Catherine Alexowna before she became Empress of Russia.

As the plight of the latter was what might reasonably have been expected, I took no further notice of him than to perceive that he had a very large and crooked nose; but the spruce appearance of the former led to the suspicion that he was some officer of a merchantman who had quarreled with a captain, and deserted. Our mates seemed to be of that opinion, for they eyed him closely, and for several days treated him with more respect than is generally shown to a common sailor.

But, after we had put to sea an event occurred which shook their faith in his respectability. In the morning watch, just after daylight, a raft was discovered to leeward with some live object upon it. The captain was called, and, after examining it through his glass, he gave orders to port the helm.
"There is a man there—from some wreck, likely enough," he said.
Accordingly we squared the yards and ran down to the raft. It proved to be a man wearing nothing but a ragged pair of canvas trousers and something that passed for a shirt—that is, fragments of green baize fluttering in the wind. He wore no hat, but his thickly matted hair answered all the purposes of one, except that he could not have lifted it in respectful salute to a mermaid if one had chanced to cross his prow. A few Mother Carey's chickens followed in his wake, and two huge albatrosses wheeled above his head as if half inclined to pounce upon him.

We had on board a sailmaker named Baldwin, who had belonged to the navy, and as soon as his eyes fell upon the stranger he pronounced the name of "Mauley!"
The lone voyager was taken on board, and said that he had been cast away in a brig.
Baldwin smiled, and afterward told our second mate that this man Mauley was a noted beach-comber of Callao, whom no captain would ship, and who, having visited the frigate to which Baldwin belonged, had been ignominiously driven on shore, and forbidden ever again to set foot on board that vessel.

"He has a very bad name," added the sailmaker, "and he is suspected of having murdered the carpenter of our frigate at Valparaiso."
In fact the personal appearance of Mauley was much against him, and no one believed that he had been wrecked. It was thought that in putting to sea on his slight raft he had taken that desperate method to get on board some vessel.
"Keep an eye on him," said our captain to his first mate.

The mate did keep an eye on the desolate wretch, and soon detected him in close and confidential conversation with Johnson, the spruce seaman whom we had shipped just before leaving port. It was the mate's watch, while Johnson belonged to the watch of the second mate, yet Johnson had come on deck for the special purpose of speaking to Mauley.

The two men stood forward of the windlass, under the shadow of the foremast, apart from the rest of the watch, and conversed together in a low tone. The mate got as near to them as he could without being observed, but he caught only the words:
"Remember—this must be a dead secret between you and me."
It was but a year before that the terrible mutiny on board the ship Globe had taken place, and when the mate heard the words which I have quoted, he passed softly down into the cabin, and finding the captain awake, told him what he had overheard.
"That man Johnson! Are you not mistaken?" demanded the captain. "Must have been somebody else."
"Yes, sir," replied the mate; but what secret should any body have with that Mauley, which, all the crew keeps clear of in broad daylight? Whispering with him in the dark—that's the point, sir. Baldwin swears that the fellow's a murderer, sir."

"I'll have no plotting and whispering in the dark on board my ship!" cried the captain, suddenly and unaccountably breaking forth into a towering passion. "Now I recollect that this Johnson has once or twice shown a rebellious temper when Mr. Pease has ordered him to scrape topmasts or slash them down, or tar rigging; but I thought it was only because he'd never been used to such dirty work."
"If we don't look out he'll be engaged in dirtier work than slashing topmasts or tar rigging," said the mate.
"Cutting our throats, eh?"
"It's unaccountable, sir, this plotting and having secrets with that Mauley; it's so much like the way that Smith says the mutiny began aboard the Globe."

"That's true," answered the captain; "I've a great mind too put them both in irons."
"Mebbe we'd better wait a little and see," returned the mate; "and I'll keep a sharp lookout on both 'em."
The captain was silent, but he shook his head threateningly, and the mate went on deck to stand out the remainder of his watch.

Before morning there was a gale of wind. Sail was shortened, and we lay under close-reefed main-top-sail and storm-sail. But, in spite of the wind or weather, the first mate was observed all day running bullets in the cook's cabbage, greatly to the surprise of the crew, some of whom asked:
"Have there been any pirates heard of on this coast?"

In the meantime there was something about this Johnson, especially his voice, which reminded me of somebody I had seen before. I noticed that the captain looked sharply at him, and observed all his movements attentively, as if he, also, had some recollection of him. I knew nothing of his conversation with Mauley, and the mate's surmises. All those matters were related to me afterward in a house "where a tin pot stands for an hour glass and rum runs for sand."

Up to this time Johnson's ignorance of seamanship had been regarded with much leniency, and the mates had taken some pains to instruct him; but after his consultation with Mauley, under cover of the darkness, a suspicion was harbored by the captain and mate that his awkwardness in handling a marlin-spike and rolling a top-gallant-sail was assumed, and that he pretended to be a green hand only to divert attention from his schemes.
Accordingly, when Johnson made a mistake, or bungled in the performance of any duty, the officers or the captain reprimanded him sharply. He showed surprise at this change in his deportment toward him, and at length he manifested feelings of resentment.
"I do the best I can, and I am only working my passage home," said he; "I expect no pay."
"Do you answer back, you rascal?" cried the captain, who had overheard the words of Johnson, which were addressed to the mate. "Mr. Russell, can't you preserve a better order among your men?"
"I am no rascal," said Johnson, throwing down the rope which he had been trying to splice, and confronting the captain.

Several of the crew—Mauley among them—were standing near Johnson at that moment, and all but Mauley turned pale. The latter looked steadfastly at the captain.
"You, too, I suppose," said the captain, between his teeth and with a countenance turning pale and red by turns.
Mauley fell back, but Johnson smiled contemptuously at the captain's boiling wrath.
"Have you not heard," said the latter to Johnson, "that only a few months before you came on board I tried a hand up to the rigging and gave him two dozen lashes for only looking at me as you are doing now?"
"Never heard of it until now," answered Johnson, compressing his lips and shaking his head. "It is a useful piece of information."
"That man's a fool," said the captain, turning away. "Mr. Russell, put him in irons, and feed him on bread and water for the present."
Johnson submitted quietly to be handcuffed, and was fed on hard bread and water for several days, by which time we approached Cape Horn, and his services were needed in working the ship. He was set at liberty. His orderly conduct puzzled the officers, who began to be curious about his antecedents. He told them that he fell down from Jupiter at the same time with the great goddess Diana, of the Ephesians. "He's crazy," said the mates to each other.
Soon after, I hinted to him that I believed he was the same man whom I had seen one evening, in a far different rig, among the hills, in the rear of Valparaiso.
"What if you did?" You don't know my name, I suppose?" demanded he, rather impatiently.
Nothing important occurred after we doubled the Cape until we reached the equinoctial line, when our captain knocked the cook down with a handspike for some trifling offense.
"Captain Bunker, you'll be sorry for that," remarked Johnson, who was standing near at the time.
"I'll serve you the same way, you mutinous rascal!" cried the captain, with flashing eyes.
But he didn't. He ordered the mates to put Johnson in irons again, and to diet him as before.
We reached Nantucket, and anchored outside the bar on a fine afternoon in July. The anchor was scarcely down, when the owner of the Endymion stepped on board. Seeing Johnson sitting on the windlass, the merchant gave an exclamation of surprise, rushed toward him, and grasping his mangled hands, cried:
"Why Edward, my son, what does this mean?"
"O, this is a trifle, father," replied the son of the owner, (known among us by the name of Johnson); "this is nothing compared with knocking down men with handspikes, seizing them up in the rigging and flogging them for looking at the captain, with many other pleasant performances, as the like nature."
"It is true, then, what I have heard," said the merchant, turning to the captain who was at his side, and seemed bewildered by what he had seen and heard. "It is true, Captain Bunker, that you are a cruel tyrant toward your crew."
"I—I didn't know that this young gentleman was your son, sir," stammered the captain, as he hastened to knock the iron from the wrist of the young man.
"He did not intend that you should know it," replied the owner; "you know, I presume, that a son of mine had been several years with a merchant of Valparaiso. This is he. When the time came for him to return home, I proposed to him, by letter, that he should work his passage in the Endymion, for I had heard strange stories about your cruelty to the crew, but other ship-masters and mates had assured me that those stories were false or exaggerated, and I was determined to investigate the facts. My son tells me that the sailors under your command had just cause of complaint."
Capt. Bunker murmured something about the necessity of maintaining discipline on board ship; but it was observed that the next time the Endymion put to sea, she had a new captain.

The Housewife.

Cool rain water and soda will remove machine grease from washable goods.
Fish may be scalded much easier by dipping into boiling water about a minute.
Milk which is turned or changed may be sweetened and rendered fit for use again by stirring in a little soda.
Salt will curdle new milk; hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.
Fresh meat, after beginning to sour, will sweeten if placed out of doors in the cool open night.
Clear boiling water will remove tea stains and many fruit stains. Pour the water through the stain and thus prevent its spreading over the fabric.
Ripe tomatoes will remove ink and other stains from white cloth; also from the hands.
A teaspoonful of turpentine boiled with your white clothes will aid the whitening process.

Boiled starch is much improved by the addition of a little sperm, or a little salt, or both, or a little gum arabic dissolved.
Beeswax and salt will make your rusty flat irons as clean and smooth as glass.
Tie a lump of wax in a rag, and keep it hot for that purpose. When the irons are hot, rub them first with the wax rag, and then scour with a paper or cloth sprinkled with salt.
Blue ointment and kerosene mixed in equal proportions, and applied to bedsteads is an unfailing bed-bug remedy, and a coat of whitewash is ditto for the wall of a log house.
Kerosene will soften boots or shoes which have been hardened by water, and render them as pliable as new.
Kerosene will make tin tea kettles as bright as new. Saturate a woolen rag, and rub with it. It will also remove stains from the clean varnished furniture.

As a matter of economy, use white rather than brown sugar, as it contains a greater amount of saccharine matter. Another reason is that the refining process removes it of a little insect which is very like the itch insect, and which is in all brown sugar. All common candies are made from brown sugar.
To CLEAN LAMP CHIMNEYS.—Hold them over the nose of the teakettle when the kettle is boiling furiously. One or two repetitions of this process will make them beautifully clear. Of course they must be wiped upon a clean cloth.

If chickens have cholera give them wet food for a few days, well stirred into one feed a teaspoonful of sulphur, and into the next about a teaspoonful of powdered charcoal, and so alternate the food for about three days.

Cooking Hints.

FRITTERS.—One pint of milk, one egg well beaten, flour to make a rather stiff batter; before dropping into the boiling lard, add one teaspoonful of baking powder. It may be varied by adding sliced apples.
PORTATO BALLS.—Mashed boiled potatoes, add butter, size of an egg; two spoonfuls of milk; a little salt; stir well, roll them in egg and crumbs; fry them in hot fat or brown in the oven.
MOCK MINCE PIE.—Five Boston crackers, one cup of molasses, one cup of sugar, two cups of water, half a cup of melted butter, half a cup of vinegar, one cup of chopped raisins, cloves, cinnamon, pepper, salt, and one nutmeg.

OYSTER MACARONI.—Boil macaroni in a cloth to keep it straight. Put a layer in a dish seasoned with butter, salt and pepper, then a layer of oysters; alternate until the dish is full. Mix some grated bread with a beaten egg, spread over the top and bake.
DRIED BEEF GRAVY.—Shave very thinly half a teaspoonful of beef, put over it one quart cold water, set on top of stove; let it simmer one or two hours, thicken with one and a half tablespoonfuls flour mixed with cold water, and butter size of a walnut: salt to taste.

CRANBERRY SAUCE.—Pour hot water on the berries and let stand until cold, then to one quart of them add one pint of sugar, one pint of water; after adding the water, let boil twenty minutes, then add sugar and boil twenty-five minutes more; stir the berries often and mash evenly. When done the sauce may be strained in a bowl. When cold, serve in slices.

BOILED APPLES.—A friend who knows about good things to eat, writes us that "about the nicest morsel that ever tickled the palate is boiled apples—not boiled like a potato, nor steamed like a pudding, but as follows: Place a layer of fair-skinned Baldwins—or any nice variety—in the stew-pot, with about a quarter of an inch of water. Throw on about half a cup of sugar from six good-sized apples, and boil until the apples are thoroughly cooked and the syrup nearly thick enough for jelly. After one trial no one would, for any consideration, have fair-skinned apples peeled. The skins contain a very large share of the pectin—jelly-making—substance, and impart a flavor impossible to obtain otherwise." He also says: "A wise housekeeper, instead of throwing away the skins and cores of such pie apples would use them for jelly. A tumblerful of the richest sort can thus be obtained from a dozen apples. Boil the skins, etc., a few minutes, and strain. Add a little sugar to the liquid, and boil until right to turn into the tumbler."

A la Mode.

Spanish lace veils are again in fashion. Tiny brooches are used to fasten bonnet strings.
French heeled boots for dancing must match the dress.
It is now stylish for brides to wear a crown of blush roses.
Black kid gloves, buttoned with small pearls, are novelties.
Moss, wood brown, gray and black are the new colors of the spring goods.
Pearl passementeries and pearl fringes with silver threads are much used on wedding dresses.
Embroidered vests and plastrons, cuffs, collars and bands are much worn on black dresses.
Coat-shaped bodices are popular with young ladies; these are worn with velvet waistcoats underneath.
Breton lace is used to excess. Satin is but little used.

The foundation of all elegant dresses is the plain princess slip on which is made the rest of the costume.
Cheap woolen mixtures for suits have small stripes with interlacings of cream and brown and gray and red.
The feminine slipper is now gorgeously decked with a humming bird, embroidered in its many-hued colors.
The pointed waists have been revived for very young ladies, though some prefer the plain round "Josephine."

Sacques of light red velvet, with steel buttons and satin vests and collar, are worn in Paris and will soon be imported here.
There is something new in sleeve-bustlers of very light tortoise shell, representing horses' heads, with the wigs, bridge and head gear of gold.
Some dressmakers plait the skirts of dresses in the same fashion as nuns' robes, cut the sleeves wide and plait the vests so that the whole costume suggests that of a nun.
In the present styles of dress large buttons and rich laces are much used. Hand-some buttons are of carved steel and chased silver, but the most beautiful are those of enamel.

White India muslin is a favorite material for ball-dresses, that which is embroidered in imitation of natural flowers being of course the most handsome as well as expensive.
It is the fashion with walking dresses to wear thick-soled boots, with the upper made of some heavy material. For indoor wear the shoe with straps across the foot and a lower heel than is generally used, is the most admired.
Very many ribbons are used on evening dresses, and quantities of flowers. A fashionable fancy is to select one pet flower and wear only that. Uncommon plants are frequently chosen and artificial flowers manufactured at great expense.

It should be a fixed rule that floors particularly those of sleeping rooms are to be scrubbed only on dry days, and where the health of the inmates is delicate the drying should be quickened by lighting a fire in the room.
For cold in the head a light or spoon diet should be adopted, and animal food or fermented or spirituous liquors be avoided. The bowels should be opened by some mild aperients, and if the symptoms be severe, or fever or headache be present, small diaphoretic doses of antimonial, accompanied by copious draughts of diluents, as barley water, weak tea, or gruel, should be taken.
Dr. G. F. Waters, of Boston, has found in the juice of the milkweed a remedy for suppurating wounds. The time of healing varied from twenty-four to thirty-six hours; but in each instance new skin formed completely across. The doctor states that the only essential point is to dry the wounded surface gently and thoroughly with blotting paper before applying the milkweed juice. After the juice is applied, and while the healing is in progress, a piece of blotting paper is used to cover the surface.

Dr. Nicholas, who has made a series of diuetic experiments on himself, has arrived at the conclusion that, if the stomach is allowed to rest, any case of dyspepsia may be cured; that the diet question was at the root of the disease; and that pure blood can only be made from pure food, and that, if the drink of a nation were pure and free from stimulating qualities, and the food was also pure, the result would be pure health.
Loosen the clothing, and standing erect, throw the shoulders well back, the hands behind, and the breast forward. In this position, draw slowly as deep an inspiration as possible, and retain it by an increased effort for a few seconds, then breathe it gradually forth. After a few minutes breathe repeat the long inspiration. Let this be done for ten or fifteen minutes every day, and in six weeks' time a very perceptible increase in the diameter of the chest and its prominence will be evident.

The value of oxide of zinc in diarrhea has long been known, but is apt to be overlooked. Dr. Honany of Nantes, uses the following formula:
R. Zinc oxid. 54 grains.
Soda bicarb. 7 1/2 grains.
In four packets, one to be taken every 6 hours.
In every case that came under his observation oxide of zinc produced rapid cure of diarrhea. In fourteen cases observed by Pyrgaster the cure was even more rapid since in only one case were three doses of the medicine required. The results are considered to have been more satisfactory, inasmuch as in several cases the malady had endured from one to many months, and other methods of treatment had not produced any improvement. Thus he concludes that, although by no means to be held as exclusive treatment, the employment of oxide of zinc deserves to be more generally known as useful in diarrhea.

The Doctor.

It should be a fixed rule that floors particularly those of sleeping rooms are to be scrubbed only on dry days, and where the health of the inmates is delicate the drying should be quickened by lighting a fire in the room.
For cold in the head a light or spoon diet should be adopted, and animal food or fermented or spirituous liquors be avoided. The bowels should be opened by some mild aperients, and if the symptoms be severe, or fever or headache be present, small diaphoretic doses of antimonial, accompanied by copious draughts of diluents, as barley water, weak tea, or gruel, should be taken.
Dr. G. F. Waters, of Boston, has found in the juice of the milkweed a remedy for suppurating wounds. The time of healing varied from twenty-four to thirty-six hours; but in each instance new skin formed completely across. The doctor states that the only essential point is to dry the wounded surface gently and thoroughly with blotting paper before applying the milkweed juice. After the juice is applied, and while the healing is in progress, a piece of blotting paper is used to cover the surface.

Dr. Nicholas, who has made a series of diuetic experiments on himself, has arrived at the conclusion that, if the stomach is allowed to rest, any case of dyspepsia may be cured; that the diet question was at the root of the disease; and that pure blood can only be made from pure food, and that, if the drink of a nation were pure and free from stimulating qualities, and the food was also pure, the result would be pure health.
Loosen the clothing, and standing erect, throw the shoulders well back, the hands behind, and the breast forward. In this position, draw slowly as deep an inspiration as possible, and retain it by an increased effort for a few seconds, then breathe it gradually forth. After a few minutes breathe repeat the long inspiration. Let this be done for ten or fifteen minutes every day, and in six weeks' time a very perceptible increase in the diameter of the chest and its prominence will be evident.

The value of oxide of zinc in diarrhea has long been known, but is apt to be overlooked. Dr. Honany of Nantes, uses the following formula:
R. Zinc oxid. 54 grains.
Soda bicarb. 7 1/2 grains.
In four packets, one to be taken every 6 hours.
In every case that came under his observation oxide of zinc produced rapid cure of diarrhea. In fourteen cases observed by Pyrgaster the cure was even more rapid since in only one case were three doses of the medicine required. The results are considered to have been more satisfactory, inasmuch as in several cases the malady had endured from one to many months, and other methods of treatment had not produced any improvement. Thus he concludes that, although by no means to be held as exclusive treatment, the employment of oxide of zinc deserves to be more generally known as useful in diarrhea.

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Wit and Jest.

A million little diamonds
Twinkling in the trees,
And all the little children said,
"A jewel, if you please!"
But while they held their hands out,
To catch the diamonds gay,
A million little sunbeams
Stole them all away.

A man who attempted to pass counterfeit money, said he did so to encourage home manufacture.
However old a fellow grows, he always likes to stop and watch a pretty girl as she saunters along the street.
A pawnbroker, in the exchequer of life, always plays a loan hand.
God parsons like a mother, who kisses the offense into everlasting forgetfulness.

The purpose of the law is to split hairs shield criminals, and lit Justice between her blind eyes.
We saw a young man with two heads on his shoulders the other day, but didn't consider it much of a curiosity, as one of them belonged to his girl.
In this country a boy has too much to fight against. First, it's his mother's slipper next, Fourth of July, then green apples; and, finally, Santa Claus, a rickety pair of slates, and an airhole in the ice.

In struggling to make a dull-brained boy understand what conscience is, a teacher finally asked, "What makes you feel uncomfortable after you have done wrong?" "Father's leather strap," feelingly replied the boy.
"Why are you looking at me so intently, Alice," said Theodore. "I was gazing at vacancy," replied Alice, dreamily; and yet there was a twinkle about her mouth that showed her appraisal of the young man.

How women's hearts long for home, love and protection only they and God know. Some are compelled to accept a miserable substitute for it, but a true woman never accepts the counterfeit coin.
If the young ladies attending church would give more attention to the number of the hymn the pastor gives out, and not so much attention to the number of him that are in the church, they would not be so apt to sing one hymn while the congregation are singing another.

In this world even our afflictions prove themselves benefits in disguise. The man with a wooden leg never claws around in the dark for half an hour only to find that he has got the left foot on the right foot.
Mrs. Dimeshader fed a tramp yesterday because he wore an old army coat of faded blue. "You went through the war?" said the sympathizing soul.